

# *Delicious Recipes*



Made  
with

# **ROBIN HOOD FLOUR**



*"Oh Boy - they're good"  
Says Jimmy*

# *How to Make Better Baked Goods*

When you make bread again follow exactly the same recipe you have been accustomed to—but for comparison use ROBIN HOOD Flour. ROBIN HOOD is made from the finest hard spring wheat. Its granular cell structure is preserved in the milling. For these reasons, you can use less flour and more water, baking a fine, large, flaky loaf of bread. Your sack of ROBIN HOOD lasts longer than other flours. You get more loaves of better bread.

## *Expert Suggestions*

Most housewives who pride themselves on their baked goods will appreciate the following expert suggestions made by the head of our "Home Baking Department."

1. **WARM THE FLOUR BEFORE USING.** This gives the yeast a better chance and is important.
2. **MAKE A SOFT DOUGH.** ROBIN HOOD Flour absorbs water freely.
3. **WORK THE DOUGH** very thoroughly until smooth.
4. **SET THE DOUGH** where the temperature is even and warm. Do not let the cold air strike it.
5. **KNEAD THE DOUGH WELL;** let stand until double in size, then knead again.
6. **HAVE YOUR BREAD LIGHT** and the oven hot when you put it in.



**"Mother Uses Robin Hood Flour  
For All Her Baking"**

### **DELICIOUS TEA CAKES**

**1 ½ Cups ROBIN HOOD Flour**  
**2/3 Cups Sugar**  
**3 teaspoons baking powder**  
**pinch of salt**  
**1/4 cup melted fat**  
**2 eggs - milk**  
**1 teaspoon vanilla**

Sift flour, sugar, baking powder and salt in bowl, sifting twice. Melt shortening in cup. Drop in eggs whole, and fill cup with milk. Add to flour mixture using more milk if necessary. Add vanilla. Drop in muffin pans and bake twenty minutes.

### **PIE CRUST**

**1 cup ROBIN HOOD Flour**  
**1/4 teaspoon salt**  
**1/4 cup shortening**  
**1/4 cup cold water**  
**pinch of soda in ½ teaspoon of vinegar**

Sift together flour and salt. Cut in shortening until well blended. Add soda and vinegar, then add water. This recipe will make one small double pie crust.

## WALNUT CAKE

$\frac{1}{2}$  cup butter  
1 cup sugar  
whites of 4 eggs  
 $\frac{3}{4}$  cup water  
2 cups ROBIN HOOD Flour  
3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 cup chopped walnuts  
1 teaspoon vanilla

Cream butter and sugar, add water, and the flour and salt sifted with baking powder alternately. Add vanilla. Then add half the well beaten whites then the nuts, and remainder of whites. Pour in square, flat pan lined with buttered paper. Bake in moderate oven three quarters of an hour. Ice.

## SPONGE CAKE

5 eggs  
1 cup sugar  
1 cup ROBIN HOOD Flour  
 $\frac{1}{2}$  teaspoon baking powder  
juice of  $\frac{1}{2}$  lemon

Beat whites of eggs stiff, then beat in sugar gradually. Beat yolks separately and add lemon juice. Add to whites and beat. Fold in flour, which has been sifted with baking powder four times. and bake in a slow oven for 30 to 45 minutes.

### OATMEAL WATER FOR DELICATE BABIES

$\frac{1}{2}$  cup ROBIN HOOD OATS  
1 quart water

Bring to a boil. Use no salt. Cook in double boiler for at least 4 hours. Strain through cheese cloth.

Oatmeal water has long been recognized as a life saver for delicate babies. Baby specialists recommend its use in cases of malnutrition. A 4 hour feeding schedule is suggested. The high nutritive content of ROBIN HOOD OATS makes its use ideal for this purpose.



OUR  
**"MONEY BACK"**

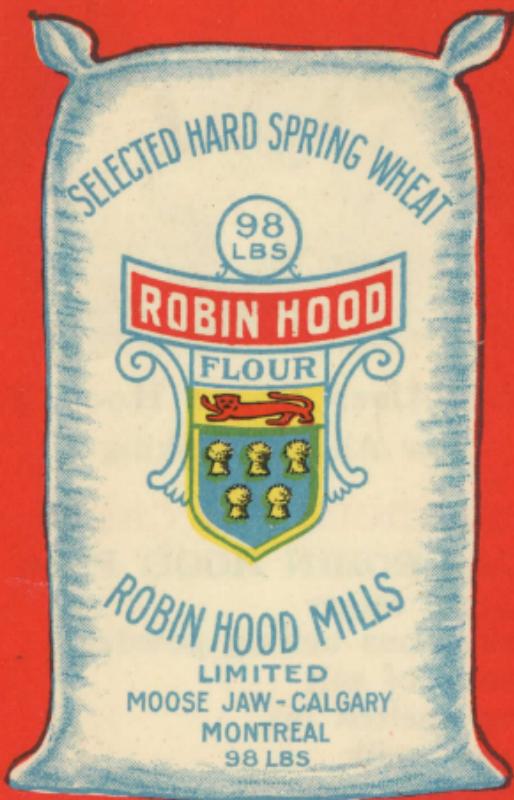
**Guarantee**

ROBIN HOOD FLOUR IS GUARANTEED TO GIVE YOU BETTER SATISFACTION THAN ANY OTHER FLOUR MILLED IN CANADA. YOUR DEALER IS AUTHORIZED TO REFUND THE FULL PURCHASE PRICE WITH A 10% PENALTY ADDED, IF AFTER TWO BAKINGS YOU ARE NOT THOROUGHLY SATISFIED WITH THE FLOUR AND WILL RETURN THE UNUSED PORTION TO HIM.

**ROBIN HOOD MILLS, LIMITED**

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# A Better Flour for Bread, Cakes, Pastry



The "Standard of Excellence"  
in flour

Ask Your Grocer

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Calgary, Vancouver, Saint John, N.B.

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